

## **RACEHORSE TRAINING USING SWIMMING**

### **VERSENYLOVAK ÚSZTATÁSOS EDZÉSE**

**MÉSZÁROS PETRA – LUKÁCS AURÉL ISTVÁN**

Kaposvári Egyetem Állattudományi Kar Nagyállat-tenyésztési és Termelés technológiai  
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We commenced our work following a practice carried out in England, which aimed at the thoroughgoing presentation and analysis of swimming horses in a swimming pool. The technology of swimming involves the working process ranging from the caring of horses to the end of their swimming. Swimming, as a training method as well as rehabilitation, has an increasingly greater significance in the field of equestrian sports and horse riding in abroad, where everybody endeavours to achieve that horses can have a greater condition and, moreover, can reach better performance. As rehabilitation, swimming plays an important role in the increase of blood circulation (recovery of injuries and its acceleration). On the other hand, as a training method, swimming can have an advantage concerning its effects exercised upon useful lifespan, upon overcoming the animal's fear from water as well as concerning the sale of young horses, too.

**Keywords:** swimming, rehabilitation, training method, horses, condition, performance